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Everyday Activities. Tendons can be caused by wear and tear over time and repetitive actions that impact your tendons. Tendinitis usually resolves with time; however, early treatment is essential to prevent worsening your tendon injury. The latest treatments in medicine have brought about natural, non-surgical treatments to reduce tendon pain and inflammation, improve your mobility, and speed up tendon healing. Let's explore the top 9 non-surgical ways to boost tendon healing! What Is Tendinitis? Your tendons are made up of connective tissue that connects your muscle to your bone. They facilitate joint movement by transmitting forces from your muscles to bones. Tendinitis is the inflammation of your tendons, resulting in tendon pain or tendon injuries. Its most often caused by sudden injury or repetitive impact on the affected area. Gradual wear and tear weaken your tendons over time and increase your risk of getting a tendon injury. These are a few conditions that can cause tendinitis: Aging, Overuse, Bad posture, Occupations with repetitive, forceful movement (woodworking, shoveling, scrubbing) Repetitive motions in sports (tennis, golf, baseball) Anatomic variations (limb or joint deformities) Certain tendons are more prone to tendon injuries than others, including your Achilles tendon in your lower calf, the patellar tendon in your knee, the rotator cuff in your shoulder, and the tibialis posterior tendon in the back of your leg, to name a few. Tendinitis can affect anyone, but you become more susceptible as you get older because your tendons are less flexible and more prone to injury. There are some common types of tendinitis: Common Symptoms Of Tendinitis Ultimately, tendinitis causes pain, stiffness, and weakness in the affected tendon. Signs and symptoms may gradually develop or occur suddenly and severely: Swelling, redness, tenderness, and warmth in inflamed tendons The pain worsens in the night and morning A dull ache or pain when you use the tendon A crunchy sound when you use the tendon 9Non-Surgical Treatment Options For Tendinitis The goal of tendinitis treatment is to reduce inflammation and relieve painful symptoms. Surgery for tendinitis is rare and usually prescribed only for severe cases. Conservative treatments are often the go-to option to ease the pain from chronic tendinopathies or long-term tendinitis. 1. RICE Treatment The RICE method is a simple and reliable home remedy for muscle and tendon injuries. It stands for: Rest - Rest and stop any activity that can further irritate the injured area. Ice - Apply an ice pack or cold pack for around 15 minutes to reduce pain and swelling. Compression - Compress or wrap the injured area with a tight bandage to reduce swelling. Elevation - Elevate the area on pillows whenever you are sitting or lying down to help minimize swelling. 2. Physical Therapy Physical therapy (PT) involves conditioned physical activity that is specifically designed to relieve pain from tendinitis. PT is one of the best non-surgical treatments for tennis elbow, shoulder pain, Achilles tendinitis, patellar tendinopathy, rotator cuff tendinopathy, calcific tendinitis, and pain caused by tendon rupture. Your physical therapist can create a personalized program of exercises that involves stretching exercises, motion exercises, and eccentric exercises that strengthen the affected muscle and tendon. PT is also an excellent home treatment. Your physical therapist can prescribe an at-home PT program to help you reduce the pain and gradually improve your range of motion. Your primary healthcare provider may recommend PT until your soft tissues heal, around 6 to 8 weeks. Physical therapy has been proven effective in treating chronic tendinopathies. 3. Extracorporeal Shock Wave Therapy Extracorporeal Shock Wave Therapy (ESWT) for treating muscle injuries dates back as far as 1982. Shock wave therapy triggers your body's natural healing process through the use of acoustic waves. Shock waves directed at the injured tendon can reduce the pain, increase blood flow, stimulate tissue regeneration, and boost healing. ESWT is particularly effective in treating calcific tendinitis because it breaks down calcium deposits that build up in your tendons. Aside from that, it's been proven to be an excellent alternative to surgery for rotator cuff tendinitis, tennis elbow, plantar fasciitis, and a range of other tendinopathies. Typically, you can have shock wave treatment every 3 to 6 weeks, although studies have shown an improved range of motions in patients with tendinopathies after 1 to 3 sessions. 4. 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Platelet-Rich Plasma (PRP) Injections Platelet-rich plasma injection therapy is a natural treatment that has been used to speed up tissue healing since the 70s. Platelet-rich plasma is a liquid product derived from your blood. Its rich in platelets, which release growth and healing factors that stimulate tissue regeneration. Research has shown that when the PRP injection is delivered directly into the painful tendon, your platelets facilitate anti-inflammation and tissue regeneration. Chronic tendon injuries like tennis elbow or jumpers knee can take a long time to heal. PRP injections are an excellent way to speed up healing in chronic tendinopathies, especially if you want to avoid surgery and steroid injections. 7. Perineural Injection Therapy (PIT) PIT is the latest regenerative treatment for nerve inflammation. However, perineural injection therapy for tendinitis promotes regenerative effects for faster healing and recovery from various chronic tendon injuries. PIT is the injection of a dextrose solution directly into the painful area. The injection promotes tissue healing and relieves symptoms of tendinitis like joint stiffness and limited movement. Nerve inflammation can hinder your healing from tendon pain. PIT is a natural treatment that reduces nerve inflammation and numbs your pain receptors, encouraging your body to heal your tendon injury. Perineural injection therapy is a non-invasive treatment commonly used to relieve wrist pain, tennis elbow, and shoulder pain. 8. Corticosteroid Injection Therapy Corticosteroid or steroid injections are among the top pain management options if you want a minimally invasive and non-surgical way to ease tendinitis pain. Local steroid injections are used to reduce inflammation and numb your pain receptors. They are used to treat various types of tendinitis, including tennis elbow, trigger finger, and Achilles tendinitis. 9. Cryotherapy Cryotherapy is a form of cold therapy. Full body immersion cryotherapy and localized cryotherapy can both be used to speed up tendon injury healing. The extreme cold stimulates blood flow, tissue regeneration, and boosts tendon healing. Many sport professionals have incorporated cryotherapy to regain their strength after exhausting competitions. Today, cryotherapy is one of the most popular alternative therapies for tendon injury. Frequently Asked Questions (FAQs) Is tendinitis permanent? No. Research has shown that about 80% of the people who suffer from tendinitis recover after about 3 to 6 months. You can achieve fast and full recovery with the proper treatment. Is heat good for tendinitis? After cold therapy, heat may be more beneficial for treating chronic tendinitis pain. Heat can increase blood flow, promote tissue healing, and relax your muscles. How long does a corticosteroid injection last for tendinitis? The effects of a corticosteroid injection on tendinitis depend on your body's response to treatment. 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Arnsperger is a medical doctor, author, and editor based in Germany. He's managed to publish several books in his career. He is passionate about spreading medical knowledge. Thus, he spends a big portion of his time writing educational articles for everyone to learn. References Show More Disclaimer Tendinitis Symptoms Treatment Options Frequently Asked Questions (FAQs) Updated 14 November 2023 Nearly 33 million tendon injuries are reported every year in the United States alone - That's a huge number. Tendinitis, also known as Tendinitis, can affect almost anyone. It's a painful condition that can restrict your range of motion and affect your everyday activities. Tendon pain can be caused by wear and tear over time and repetitive actions that impact your tendons. Tendinitis usually resolves with time; however, early treatment is essential to prevent worsening your tendon injury. The latest treatments in medicine have brought about natural, non-surgical treatments to reduce tendon pain and inflammation, improve your mobility, and speed up tendon healing. Let's explore the top 9 non-surgical ways to boost tendon healing! What Is Tendinitis? Your tendons are made up of connective tissue that connects your muscle to your bone. They facilitate joint movement by transmitting forces from your muscles to bones. Tendinitis is the inflammation of your tendons, resulting in tendon pain or tendon injuries. Its most often caused by sudden injury or repetitive impact on the affected area. Gradual wear and tear weaken your tendons over time and increase your risk of getting a tendon injury. 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Full body immersion cryotherapy and localized cryotherapy can both be used to speed up tendon injury healing. The extreme cold stimulates blood flow, tissue regeneration, and boosts tendon healing. Many sport professionals have incorporated cryotherapy to regain their strength after exhausting competitions. Today, cryotherapy is one of the most popular alternative therapies for tendon injury. Frequently Asked Questions (FAQs) Is tendinitis permanent? No. Research has shown that about 80% of the people who suffer from tendinitis recover after about 3 to 6 months. You can achieve fast and full recovery with the proper treatment. Is heat good for tendinitis? After cold therapy, heat may be more beneficial for treating chronic tendinitis pain. Heat can increase blood flow

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Cold laser therapy has shown significant improvement in cases of Achilles tendinopathy, rotator cuff tendonitis, calf muscle pain, lateral elbow pain, painful shoulder, and other tendon injuries. 6. Platelet-Rich Plasma (PRP) Injections Platelet-rich plasma injection therapy is a natural treatment that has been used to speed up tissue healing since the 70s. Platelet-rich plasma is a liquid product derived from your blood. Its rich in platelets, which release growth and healing factors that stimulate tissue regeneration. Research has shown that when the PRP injection is delivered directly into the painful tendon, your platelets facilitate anti-inflammation and tissue regeneration. Chronic tendon injuries like tennis elbow or jumpers knee can take a long time to heal. PRP injections are an excellent way to speed up healing in chronic tendinopathies, especially if you want to avoid surgery and steroid injections. 7. 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Local steroid injections eliminate the release of inflammatory substances, effectively reducing inflammation in your tendons. They also act as nerve blocks that interrupt the transmission of pain signals to the brain. No pain signals, no pain. Achilles tendinopathy, rotator-cuff tendinopathy, tennis elbow, and trigger finger are among the most frequent tendon problems that corticosteroid injections can treat. 9. Cryotherapy Cryotherapy is a form of cold therapy. Full body immersion cryotherapy and localized cryotherapy can both be used to speed up tendon injury healing. The extreme cold stimulates blood flow, tissue regeneration, and boosts tendon healing. Many sport professionals have incorporated cryotherapy to regain their strength after exhausting competitions. Today, cryotherapy is one of the most popular alternative therapies for tendon injury. Frequently Asked Questions (FAQs) Is tendonitis permanent? 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